

Welcome to WIC's

Baby & Me



What is “Baby and Me”?

“Baby and Me” covers the basics of breastfeeding, how to know baby is getting enough, and how to prevent common problems from occurring. Our goal is to assist and support you in this exciting time in preparation for your new baby!

Should I attend?

YES! Any mom-to-be who is considering breastfeeding should sign up. Our friendly staff will take the time to answer any questions you may have or address any past problems with breastfeeding you may have encountered.

What is the Cost?

NOTHING! It will only cost you an hour of your time

When is the class?

Bimonthly on Wednesdays. Check with the front desk for a time and location that is convenient for you.

What should I bring?

All you need is yourself, but daddies, grandmas, and any future caregivers of baby are welcome

PLUS...any who attends will receive a free gift!

